



The SANGUINIST

A RELIGIOUS WEEKLY

Glory be to Jesus,
Who in bitter pains
Poured for me the life blood
From His sacred veins.

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NOTES TAKEN FROM A STUDENT'S LAST RETREAT -- A REAL AMERICAN YOUTH :

On May 25, 1915, William Lavell, a Freshman at Santa Clara University, was drowned while surf-bathing in Monterey Bay. An excellent student, an athlete of great promise, he was one of those rare characters who are equally loved by fellow-students and professors. His youthful ambition and cherished dream was the medical profession. The following notes on his last Retreat, rough-pencilled jottings, were later found in his desk.

" Grasp the meaning of a Retreat. It is a confidential talk with God in which we learn both by outside forces brought to bear upon our hearts and minds, viz., lectures and their lessons, reading of spiritual books, etc., and also by meditation and internal intercourse with God, the fundamental reason or principle of our particular existence.

" No! No material or natural happiness is the supreme satisfaction of our lives, because all such is transitory and fading and often beyond our reach. Hence in God alone rests complete, full, and unbounded happiness.

" A good, clean, pure straight youth can get more real happiness out of the wholesome and joyous way in which he treads than the cur who seeks only the gratification of his low animal passion.

" College is a moulding of character. The trials, punishments, inconveniences you undergo there all tend towards the general engraving of your will and character.

" Filthy talk is to be abhorred by all clean, sound, real boys and men. Show courage when some dirty, foul-mouthed individual is handing out his vile line and do your best to stop it.

" Say no to the skunk who asks you to join him in impure practices. Remember that one day you may have a wife, a good, pure, sweet mate, whom you will defile and disgrace because of your sins of impurity. Above all these, remember the horrible, the abominable, the hated sin you commit before God. How can you destroy and ruin His handiwork, taint and blacken the pure, white soul He has given you? How can you offend and grieve Him who is so good, just, and loving in you regard.

" There is nothing so inspiring and strengthening and uplifting as the frequent receiving of the Blessed Sacrament."

REFLECTIONS FOR RETREAT : THINK WELL ***

Humility must be thy guide, my soul
To lead thee safely to thy final goal

To hate our sins in true humility
Will win God's love for all eternity

All gifts, the rarest even, that are thine
Are favors flowing from the hand divine

Of what avail will human praises be
If after death the Lord will censure thee?

Be calm when lapsing in thy work of love
And humble thee, for God doth rule above.

ACTIVE AT MASS - - - Series Number 4

THE LITURGY is the public worship of God by the Church. The Church is the Living Christ, and, therefore, the Church's prayer is the prayer of Christ.

THE MASS is the center and sun of the Liturgy. Taking part in the Liturgy, the public worship of the Church, then means especially - being active at Mass. With one heart an mind, and if possible one voice, all must join in offering the Mass, the great prayer and sacrifice of Christ and ourselves.

LITURGICAL CALENDAR

SUN. DEC. 1. The First Sunday of Advent marks the beginning of the joyful preparation for the Feast of Christ.

MON. 2. Feast of St. Bibiana, Virgin.

TUES. 3. Solemn Feast of St. Francis Xavier, Jesuit missionary and saint, and Patron of the Congregation of the Most Precious Blood. Solemn High Mass at 6:15 A.M. Solemn Benediction at 6:30 P.M.

WED. 4. Feast of St. Peter Chrysologos, Bishop and Doctor of the Church.

THURS. 5. Third Day within the Octave of the Feast of St. Francis. Mass of the Feast. Remember, Confessions, 6:30 P.M. Tomorrow is the First Friday.

FRI. 6. Feast of St. Nicholas of Bari, Bishop. The First Friday in Honor of the Sacred Heart. Today is General Communion Day.

SAT. 7. Feast of St. Ambrose, Bishop and Doctor of the Church. Confessions, 6:30 P.M. Tomorrow is HOLY NAME SUNDAY.

KEEP YOUR RETREAT RESOLUTIONS!!!